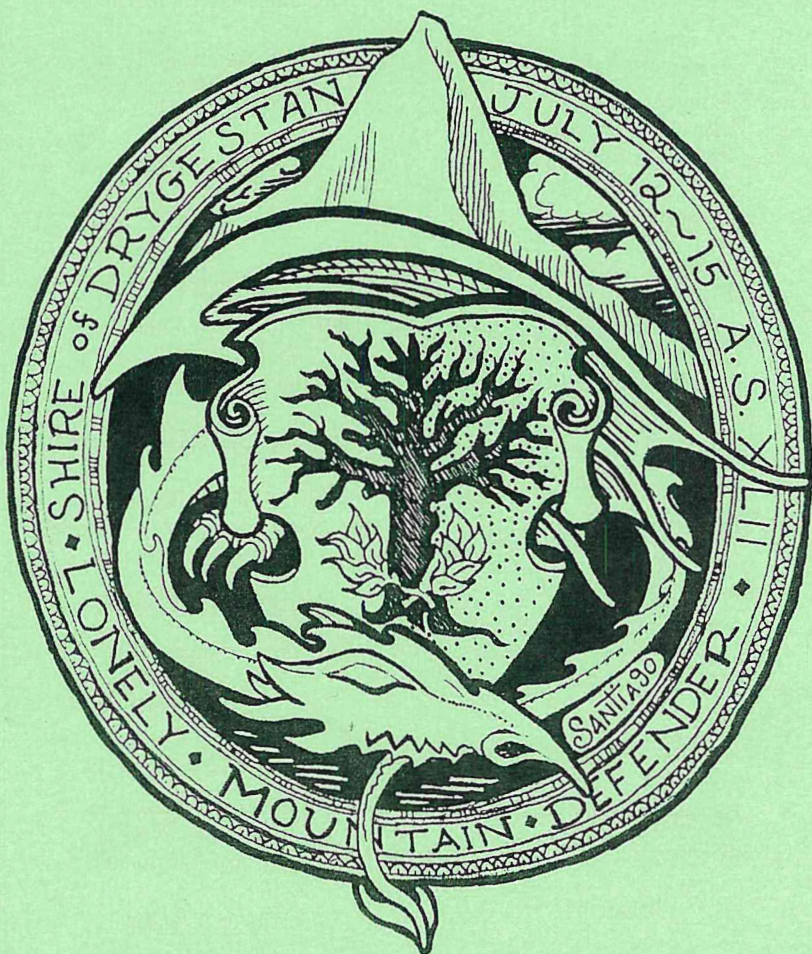




The Baronial Shaft

The Official Newsletter of the Barony of al-Barran

JULY 2007 | AS XLII



Sir Gregor von Münchhausen and Lady Monika the Fair Baron and Baroness of al-Barran

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Calendar of Events

JULY

- 4-8 GLORY X *Unser Hafen*
12-15 LONELY MOUNTAIN *Drygestan* ○
20-22 CAER GALEN DEFENDER *Caer Galen*
26-29 BARON'S WAR *Dragonsspine* ○

AUGUST

- 17-19 CLANN WARS *Nabrun Kabirun*
24-27 HERE THERE BE DRAGONS *Plattefordham*

☞ attendance by His Excellency ❖ attendance by Her Excellency ○ attendance by Their Excellencies

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Publication Information

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BARONIAL COURT

Sir Gregor
von Münchhausen
Baron

Lady Monika
the Fair
Baroness



Baron's Champion: Lord Alrik Boleslavsson

Captain of the Guard: Lord Dermot of Killarney

Lieutenant: Lord Eiríkr geirsbrjotr

Guardsmen: Lord Kassar, Lord Kaz, Lord Gwydion, Scivaldi, Bardolf

Captain of the Condotierri: Lady Natasha Mechislava

Lieutenant of the Condotierri: Lord Cuinn McEwin

Condotierri: Lord Traithgren, Lady Saelomon, Lord Marcel

Chamberlaine: Lady Elanor Dreamweaver

Ladies-in-Waiting: THL Kathws Rusa, THL Aigiarn Aljin, Lady Ariel Nashon bat Malachi, Lady Cristin O'Mearan, Lady Kira McDuff von Lyon, Lady Ia, Lady

Solveig Hakonsdottir, Ailish Ni Tailluir, Alanna, Bevin

Handmaidens: Squirrel McQuillin, Hannah, Jennifer, Murmary

Sheriff: Lord Bjorn Thunarvin

Master Swordsman: Lord Dreyfus Kravyn MacKillin

Premiere Blade: Lord Michael M'Quillane

Lord of Outlandish:
Lord Alrik Boleslavsson

Lady of May:
Lady Astridr Halfdanardottir

Outlandish Blade: Lord Óengus mac Conchobhair

Flower of Chivalry: Don Charles Robert Blackstone

Rapier Flower of Chivalry: Don Govanen Blackwell

Bard of al-Barran: Sheik Omar Mohammud Mirzazadeh

Protector of the Baroness's Heart: Lord Traithgren McCormick

Champion Archer: Sir Stefan of the Wanderers

Baronial Arts and Science Champion: Uasal Óengus au Faeláin

From the Baron and Baroness

Greetings to the grand Barony of al-Barran!

Thank you to everyone for helping, participating and donating for the Baron Patric Memorial. His widow has already voiced her appreciation for everything that you have helped with. We would like to do the same. It takes a lot of heart and compassion to do what you did, and we give our deepest thanks to you for doing it.

We would also like to thank all of the people who have stepped up to volunteer to be an Autocrat for an upcoming event. We now have autocrats for all of al-Barran's planned events through Midwinter. Thank you to everyone who has volunteered to take these positions. If you are able, please help these gentles with their endeavors. If everybody helps out for just a few hours, everybody gets to have fun at the event without working themselves into oblivion.

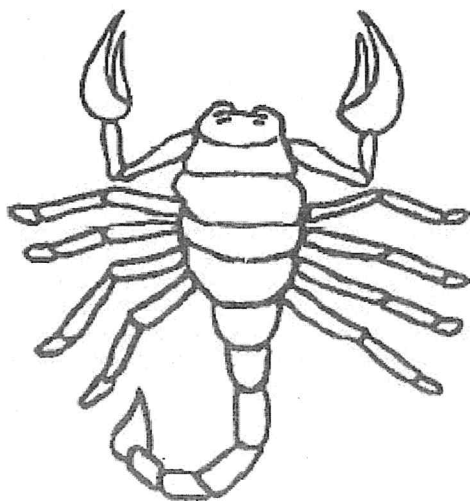
This summer is packed full of fun and exciting events. We will be attending a variety of events as well as regular activities here at home. Please come out and join us!

Gregor

BARON

Monika

BARONESS



From the Reeve

Greetings unto the Populace,

I would like to thank the Gate personnel from GOT. You did a great job and I am very grateful.

I will be hold gate classes monthly at the park. This is to help with the upcoming events that al-Barran will be holding. If you feel like volunteering at an event this is the way to do it. We can always use help when it comes to helping with gate duties.

I am looking for a reliable, responsible person to take over the selling of the Baronial and past GOT t-shirts at the park. If you feel that you would like this job please contact me.

I am also looking for deputies. If you feel like you would like to learn the office of the Exchequer then contact me. I would love to have more deputies to help me out.

In Service,

Lady Sile inghean Duibh Darach



From the Captain of Archers

Greetings unto All,

Regular archery practices are being held every Saturday at Master Tore's at 10 am, and every other Wednesday night at Sir Stefan's, beginning at 6:30 pm. Wednesday practice dates for the month of July will be the 11th and 25th of the month. For more information or for car pooling, contact archery@al-barran.org.

With the season moving into high gear, in the month of June, we had some extra activities – arrow making. As the writing of the message, no additional archery related activities are planned for the month of July, but if any gentle has any requests, please email me. As activities do get planned, they will appear on the al-Barran list, or you may receive them if you give me your email address. The month of July does bring Lonely Mountain Defender, a highly enjoyable event which traditional has some nice archery activities. I hope to see all archers coming out and supporting Drygestan archery. Regular practice this weekend is cancelled, unless otherwise notified.

Yours in service,

Lady Lyneya del Filde

Court Dancing

Court Dance practices at fighter practice, will be July 8 and 22 at Bataan Park, from 12:00 to 2:00pm. Everyone, age 7 and up are welcome at our court dance practices. Bataan Park is at the NW corner of Lomas and Carlisle. For more information concerning court dancing in al-Barran, please contact Lady Jayne at 293-7453 or krege@aps.edu or join the al-Barran Music and Court Dance discussion list by going to http://groups.yahoo.com/group/alBarranMusic_Dance/. This free yahoo discussion list will give you the latest information concerning dance practices and Scorpion Scales music practices in al-Barran.

Yours in service to the dream,
Lady Jayne Barber



Memorial Tournament for Baron Patric of Blackthorn

Unto the populace of al-Barran, it is with great sadness that I Scot McKendrick do send greetings. I write to you this day to extend an invitation from Their Excellencies Baron Gregor and Baroness Monika to participate in a tournament of combat to memorialize our fallen comrade Baron Patric of Blackthorn. This tournament will be a fundraiser whose proceeds will go to benefit the family of Baron Patric.

The tournament will occur at Bataan park on 1 July 2007. The list will open at 9:00 am and fighting will begin at 10:00 am. Fighting will consist of both rapier and heavy who will have alternating bouts on the same field. A donation of five dollars will be asked as an entry fee.

A donation lunch will be served immediately upon completion of the tournament.

Should any of our fine Artisans wish to donate to the cause, tournament prizes in honor of Baron Patric would be most appreciated.

If any other of our fine populace would like to lend a hand, please contact me or Lord JT Whoreschum.

Please come out and lend your support for this fine cause and show the known world the chivalry and honor of the barony of al-Barran.

Thank you,
Scot McKendrick

GLORY X

Barony of Unser Hafen

July 4 – 8, 2007

Site opens at noon on Wednesday and closes at 4 PM on Sunday

LCCC Vedauwoo Natural History Site, Buford Wyoming

Site is Wet

www.glorywar.org

Heed the Call to Glory!

With the High Summer comes the Tenth Anniversary of Glory, and the call goes out to all those who seek glory to gather once again in the mountains of the Outlands. All are called, but only the best will achieve their goal, for **a challenge has been issued:**

Walk the Seven Paths to Glory

The Path of Strength

The Arrow's Path

The Path of Knowledge

The Path of Steel

The Path of Flying Daggers

The Path of the Word

The Path of Service

Can any one warrior walk all seven paths, and achieve the ultimate Glory? Only time will tell.

The "Seven Paths to Glory" challenge will consist of six contests (heavy, rapier, archery, thrown weapons, arts & sciences, and bardic), each one open to participants of all skill levels. To answer the challenge, a warrior must participate in each of these events, and perform a volunteer service before the challenge ends, thereby walking all Seven Paths to Glory. The challenge will conclude on the seventh day of the seventh month of the seventh year of the new millennium (Saturday, July 7th).

Directions: Take your best route to I-80 in Wyoming. Take exit #335 (Buford) and turn to the North. Follow the road to the right at the mailboxes and continue on the dirt road for 4.4 miles. The road can be very rough with steep hills, deep washboards and ruts. Please drive slowly and carefully. There will be an SCA sign at the turnoff. Turn into the campground on the left.

Site Fees: Adults (13+): \$23 (pre-reg); \$25 (at the gate); \$10 (daytrip). Youth (6-12): \$7 (pre-reg); \$10 (at the gate); \$5 (daytrip). Children (5 and under): FREE. Non member surcharge of \$3 applies to all non-members.

Registering by mail:

Enclose a check for site fees and any applicable non-member surcharges, made out to "SCA, INC. -- UNSER HAFEN", and mail to the following address:

Khalidah bint Yahya'a
c/o Nicole Riviezzo
PO Box 692
Berthoud, CO 80513

Event Autocrat:

Lord William de Kari, mka Steve Benoit, 970-482-1586, dekari@gmail.com

Lonely Mountain Defender

Shire of Drygestan (Santa Fe, NM)

July 12 – 15, 2007

Site opens Thursday at 12:00 pm and closes 5:00 pm Sunday

Graduation Flats, Forest Road 289, Los Alamos, NM 87544

Site is Wet

Greetings, all good Gentles and be of good cheer for the great Lonely Mountain Defender draws nigh! Enjoy days of frivolity, fighting and fun in the lovely high mountain meadow. Lonely Mountain is at an elevation of approximately 9,500 feet. Be prepared for hot afternoons, occasional rains, and cold nights. There is no water on site so be sure to bring plenty. The US Forest Service will set fire restrictions, if any, at the time of the event. As in years past, please stay updated on the Forest closures and event news on our website (www.drygestan.outlands.org). Our camping is restricted to the meadow-side of the road (as in years past). There will be no merchenting. As in years past, the back-road is permanently closed.

Go through a gauntlet of armored combat, archery, arm-wrestling, chess, and bardic competitions to become the next Defender of Dragons! Impress the hungry Shirelings with your feats of siege cooking. Armored combatants, participate in tournaments and melees! Rapier combatants, partake in a torchlight tourney of a special ilk and melees galore! Bards, entertain, around the bardic circle, with stories or songs of feats of valor and chivalry! Stay hale and healthy so that the chironurgate is bored!

Site Fee: \$20.00 for adults (ages 17+) (+\$3.00 non-member surcharge, if applicable); \$5.00 for children ages 3 to 16. Please make checks payable to "SCA, Inc. – Shire of Drygestan."

Directions From al-Barran and Points South: Take your best route to the northern-most Bernalillo exit (NM 550 to Cuba and Farmington) off of the King's Highway (I-25). Take NM 550 to NM 4 (heading to Jemez Springs). Travel on NM 4 (through Jemez Pueblo and Jemez Springs) until you see the turn-off for Forest Road 289 (a right marked with an SCA sign). Follow Forest Road 289 until you see the site (about 4 miles).

Directions from Drygestan and Points North: Take your best route to the middle Santa Fe exit (St. Francis Drive) off of the King's Highway (I-25). Take US 285 (St. Francis Drive) through Santa Fe to NM 502 (in Pojoaque). Just before the climb up the mesa, take the exit for NM 4, through White Rock. The NM 4 exit comes up pretty quick after the exit to Espanola. As soon as you pass the exit to Espanola (NM 30), merge into the far-right-hand lane. The exit to White Rock and Bandelier (NM 4) is a right-hand exit before you begin the incline up the mesa. Continue on NM 4 until you see a turn-off for Forest Road 289 (a left marked with an SCA sign). Follow Forest Road 289 until you see the site (about 4 miles).

If you miss the exit for White Rock (NM 4), you can either travel on the White Rock truck-route or through Los Alamos. Please note that the following sets of directions have you traveling through Lab property and any vehicles (especially covered/enclosed trucks or trucks with trailers) are subject to search. Please be

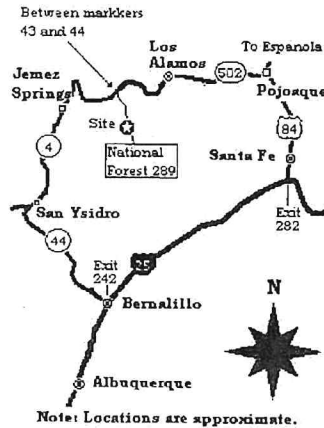
(Continued on page 10)

mindful that the guards consider prohibited items to include, but not be limited to, cameras, weapons, drugs, and alcohol.

If you want to drive through Los Alamos, continue up the mesa on NM 502. Once you get to Los Alamos, NM 502 becomes Trinity Drive. Turn left on Diamond Drive and then turn right on NM 501 (West Jemez Road). The intersection of Diamond Drive and West Jemez Road is the location of the guard station. Continue on NM 501 until you come to the T-section of NM 501 and NM 4. Turn right on NM 4 and continue on NM 4 until you see a turn-off for Forest Road 289 (a left). Follow Forest Road 289 until you see the site (about 4 miles).

If you want to drive through the truck-route, take the White Rock exit off of NM 502. Take a right at the first light (approximately one mile). After about four miles (and climbing one mesa), take a left at the light and pass through the guard station. After exiting the station, travel about five miles, to the T-intersection of NM 501 and NM 4. Turn right onto NM 4, continuing on NM 4 until you see a turn-off for Forest Road 289 (a left marked with an SCA sign). Follow Forest Road 289 until you see the site (about 4 miles).

Map, not to scale:



Autocrat:

THLady Maimuna al-Bukhariyya (Katie Daniel)
thlmaimuna@gmail.com, 505-474-5736

Deputy Autocrat:

THLady Renee Nix of Livingstone (Renee Nix)
rnix@sfcfire.org, 505-913-1760

Regular Activities

Citizens Meeting 3rd Tuesday of every month, 6:30 pm at The Manzano Mesa Multigenerational Center at 501 Elizabeth St SE, Albuquerque, NM. *Directions:* Take I-40 to the Eubank Blvd exit. Turn South onto Eubank. Continue on Eubank past Central and turn left onto Southern Ave. The Manzano Mesa Multigenerational Center is at the corner of Southern and Elizabeth, parking is on the back side. *Contact:* THL Y, 265-0161.

Fighter Practice Sundays, 11 am to 4 pm, at Bataan Park; the park is on the north side of Lomas just west of the Lomas & Carlisle intersection. *Contact:* THL Chinua, 220-3136.

Rapier Practice Sunday afternoons at Bataan Park; the park is on the north side of Lomas just west of the Lomas & Carlisle intersection. *Contact:* Lady Elisabeau, 891-4555.

Westside Fighter Practice First and third Saturdays from 11am to 1pm and Tuesdays from 6pm to 8pm at Snead Park in Rio Rancho. *Directions:* Take Paseo Del Norte west to Golf Course. Go north on Golf Course to Southern and turn left. Turn right on Nicklaus and go 2 blocks to Casper. Turn left on Casper and go 2 blocks to Snead Loop. The park is half way down on the left. *Contact:* Sir Chinua (knightmarshal@al-barran.org) or Aimara Baratzuri (aheartgule@gmail.com).

Archery Practice Archery Practice: Held on every Saturday of each month, at 10 am. Wednesday night practices beginning at 6:30 pm are held every other week. Saturday practice range is at Sir Tore's land in the east mountains. Wednesday practice range is at Sir Stefan's home in town. *Contact:* Lady Lyneya del Filde for directions and additional information by email at archery@al-barran.org.

Blaidwynn Fighter Practice Held on Wednesdays starting at 7:00 pm. Fighter practice is held in front of Carlisle Gym. *Directions:* Go west from Redondo and Yale and turn right into the first parking lot, traverse the length of the parking lot and to the right: go up between Northup hall and Carlisle Gym. Fighter practice will be on the left. Please note: According to the UNM Parking website they will be enforcing parking regulations until 8 pm. *Contact:* Josh, the Blaidwynn Knight Marshal, by email at kobbie44d@msn.com.

Newcomers Household Meeting will be on 7/10 at 2830 Florida NE at 6:30pm. These are informal meetings to discuss/learn about various subjects such as preparing for a camping event, the meaning of honor, how to make a T-tunic, protocol, etc. A newcomer is being defined as a member for less than 2 years, but all are welcome. *Contact* THL Christopher Blackwood at 872-2994.

Weaving Knowledge Exchange & Workshops Third Friday of every month at 7 pm at Lady Monika's house. *Contact:* Lady Monika at 323-5569 for more information and directions.

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JUL

Sunday	Monday	Tuesday	Wednesday
1 - Fighter Practice	2 - Blaiddwyn Court Dance - Bellydancing - Gammer Gurton's Needle	3 - Westside Fighter Practice	Fight - Scribes
8 - Fighter Practice - Court Dance Practice	9 - Blaiddwyn Belly-dance - Bellydancing	10 - Newcomers' Meeting - Westside Fighter Practice	- Fight - Scribes
15 -Fighter Practice ←— Lonely Mountain	16 - Blaiddwyn Court Dance - Bellydancing - Gammer Gurton's Needle	17 - Citizens' Meeting - Westside Fighter Practice	- Fight - Scribes
22 - Fighter Practice - Court Dance Practice SHAFT ARTICLES DUE!	23 - Blaiddwyn Belly-dance - Bellydancing	24 - Westside Fighter Practice	- Fight - Scribes
29 -Fighter Practice	30 - Bellydancing	31 - Westside Fighter Practice	

Y

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day

Thursday

Friday

Saturday

4 Blaidwyn ter Practice Workshop	5 - Guest Fest Mistress AEIflaed Calligraphy AEIflaed's House	6	7 - Archery - Westside Fighter Practice
11 Blaidwyn ter Practice Workshop	12	13	14 - Archery
Lonely Mountain Defender, July 12—15 —>			
18 Blaidwyn ter Practice Workshop	19	20 - Weaving Workshop	21 - Archery - Westside Fighter Practice
25 Blaidwyn ter Practice Workshop	26	27	28 - Archery
	<u>Regular Activities Listings</u> Pages 13 and 16 have more regular activities information.		

Regular Activities

Blaidwyn Dance Practice Every Monday starting at 6:00pm outside Carlisle Gym. We alternate between court dance and belly dance. The first and third Monday is court dance. Bring a drum on the second and forth Monday for belly dance. *Contact: Lady Dovey by email at alzarqa13@yahoo.com.*

Blaidwyn Populace Meeting 1st Tuesday of every month, 7:00pm at the Frontier Restaurant across from UNM at Central and Cornell. All are welcome to this business meeting for the College. *Contact: Lord Rab, 362-6032 or by email at sca@unm.edu.*

Court Dance Practice Our next Court Dance practices are on July 8th and 22nd at Bataan Park from 12:00 to 2:00 pm. Everyone age 7 and up is welcome. There are also court dance practices at UNM on the 3rd floor of the SUB, every other Monday evening with Lady Dovey. Please see the article in this issue for further details. *For more info, contact Lady Jayne at krege@aps.edu or 293-7453 or join our free discussion list: http://groups.yahoo.com/group/alBarranMusic_Dance/*

Gammer Gurton's Needle The study and application of embroidery, lace, and other needlework techniques. GGN meets on the 1st and 3rd Mondays. *Contact: Lady Rosamond at 865-9082 or ldyrosamond@msn.com OR THL Delia the Rose of Thorncastle at 232-7946 or HLDelia@aol.com.*

al-Barran Youth Team This team has regularly scheduled team meetings to discuss youth activities, plans and important information for youth and parents in al-Barran. There is also a local discussion list for al-Barran youth, parents and volunteers. To join this free yahoo discussion list, go to http://groups.yahoo.com/group/al-Barran_Youth_and_Parents/. *Please contact Lady Jayne at krege@aps.edu or 293-7453 for further information.*

Scribes' Workshop Learn the art of Calligraphy and Illumination. Scribes gather weekly at 6 p.m. on Wednesdays. Location is the workshop of Baron Sebastian and THL Alexandra. Please call ahead (256-1906) for directions and to make sure the workshop will be held that night.

Intro to Bellydancing for Timid Folk Mondays from 6:30 to 8:30 pm at 410 Columbia SE. *Contact Lady Saelomon at 265-5319 or spitfiyre@yahoo.com for more information.*

Mountain Pas' and Highland Games

Shire of Drygestan

September 22, 2007

Site opens at 9 am and closes at 5 pm

North Mesa picnic grounds (City of Los Alamos, NM)

We would like you to join us to enjoy the beautiful changing of the leaves for a day of fun, fighting, fun, friendship and did I mention FUN! Be aware that there are likely to be fairies and pixies about in the woods and we might even get to see a dwarf or two before they hide back in their underground cities. There will be a heavy weapons tourney that will begin at 10 am. This will be a speed tourney and details of weapon styles will be listed in the next announcement.

A donation lunch shall be provided.

The Highland games are open to all and will start at 1 pm. Games will include: Sheep throwing, rolling pin toss and pinata jousting, just to name a few.

Site fee is \$4.00 for members, \$7.00 for non members.

Fighters are requested to bring an item for the prize table (so no one goes home empty handed).

Autocrat:

Lady Elanor O'Halloraine (aka Dreamweaver)

lady.dreamweaver@att.net, 505-662-2230

Co-Autocrat: Lady Maria Del Gato

Fighting Coordinator: Lady Dairine ingen Mac Niall



The Outlandish Dragon

Unto all good Gentles who come by these letters does Tiarna Seoan mac Ruaidhri Ui Ceallachan send greetings and salutations.

It is my plain duty to inform you all of the following account of the rescue of a mighty dragon at this year's Grand Outlandish Tournament.

This tale begins with the discovery of a wounded dragon by the good folk of al-Barran. These people, seeing that the great beast was wounded and broken of wing, felt that its wounds would prove mortal in a short time. But they also saw that the beast was suffering, and being good of heart, sought to speed its end in the most merciful way possible. Fearing to approach too closely, they sent for the doughty archers of the Outlands to attend to the poor creature's dispatch. The archers assembled and seeing the great beast so wracked, they were sorely aggrieved and though they had no relish for the deed at hand, they strung their mightiest bows and drew forth their sharpest and truest arrows that they might do the merciful deed most swiftly. But it was then that the Lady Ingrid Tailor happened on the scene and was overcome with pity for the beast. Noble of mien, kind of heart and gentle of spirit, The Lady Ingrid boldly approached the dragon and lo, it ceased its roaring and became gentle as a lamb to her kind touch. Seeing now that the creature could be approached with safety, and perhaps could now be treated for its wounds, the archers gladly unknocked their arrows and let Lady Ingrid take charge of the dragon and its rescue.



By then the Baron and Baroness were advised of the situation and seeing how the beast was gentled by Ingrid's hand, placed it in her custody and charged her with its healing. And so it was that the Chirurgeons were summoned. The Fair Lady Monica herself, noble Baroness of al-Barran lent her healing lore and skill to the creature's succor. Likewise Lady Rois, chief of all Chirurgeons of the Outlands was brought to the fore to lend her wisdom to the task. Under the care of several healers, the beast's

wounds were bound and its lost blood, by clever artifice, was replenished with a powerful potion brewed by the noted alchemist William of McIlhenny and called by him "Tabasco". The beast was also anointed and blessed by the pious Templar, The Honorable Lord Bjorn inn Gauzki

Amidst this labour, Mighty King Mordygan himself consented to bestow the "King's Touch" of healing upon the dragon and the Beautiful and wise Queen Madigan herself was near to weeping for the suffering of the creature.

Having wrought what treatments they could upon the beast, the Chirurgeons raised it upon a litter and set out to bring it to the Lady Ingrid's camp that it might be made comfortable to rest and recoup its strength and vigour. While

(Continued on page 17)

upon the road thence, The party passed by The Honorable Lord Morris whose noble heart fair bled for the creature's suffering. It was at that moment that the beast's wounds proved nearly fatal and it fell into a great swoon that it could not be wakened from. Falling upon the creature's neck, Baron Morris breathed into it his own breath and by his mighty effort the beast was roused. With the beast thus saved by the narrowest margin, it was deemed meet that it should be brought to a safe place of rest with all speed. And so the dragon was brought to Lady Ingrid's pavilion and with its head pillowed upon her own bower, it slumbered peacefully.

I swear that this tale is true and correct for I not only witnessed these things, but was one of the Chirurgeons who tended the great beast. Likewise, I shall write further news of the creature's recovery as it resides in the care of the Lady Ingrid.

Written by my hand upon this twenty-eighth day of May, A.S. XXXXII

*Tiarna Seoan mac Ruaidhri Ui Ceallachan,
Baronial Chirurgeon, Barony of al-Barran*



The Merchant's Tale

While traveling upon this earth and through a life, the Merchant set up his wares. While enjoying his station and interactions, his assistant did declare "I'm lost as 2 blankets, money, and drinks are gone." A search was made and other items were not found. Another search of the camp and transportation was made before the guard was called.

Such things are a part of life and are to be endured. To the Merchant's amazement and awe, an outpouring of good wishes and support occurred that will forever warm his heart. He had not seen such a group, so full of good and caring. Humility and joy filled his soul as he knew he was a part of that group.

His assistant reported on Saturday night a blanket, folded, was upon his tent. As packing progressed, Monday, a box was spied where a previous search was made and items previously undiscovered were found to lie.

Does neglect cause such events or do things remove and then return. The Merchant will never know but will forever be gladdened by the people he doth know.

Randolph Bock, Viking Merchant.

Guest Fest

July 5, one last session of Guest Fest,

Calligraphy for purposes other than scrolls, including tricks of size, reproduction, materials and the construction of a certain kind of medieval initial letter. This session will be at 2905 Tahiti Court NE (not 2905 Tahiti St.), Gunwaldt and AEIflaed's house. A map is online at sandradodd.com/house, and it's SE of Juan Tabo and Candelaria, 7:00, Thursday 7/5. WEAR RATTY GARB as this might be messy. Maybe it's a good night not to wear garb at all, if you only have nice stuff, but having some garb you can get ink or bleach on is probably a great plan. Peasant-wear welcome.

Guest Fest closes its season:

Updated, final stats will be posted on the guest fest page, but as of June 22, there have been 22 sessions. Attendance averaged 12.2 people per week, with a total attendance of 280 (give or take five). Of the 88 people who have attended Guest Fest, ten people came eight times or more. Of those, the most faithful attendees were Bardolf, Beatrice, Kendrick, Lady Viviana and Asta, who came over a dozen times each.

Those who presented at least once (some two or three times and some in combinations) were Cathyn, Gunwaldt, Genevre, Dennis, Artan, Aziza, Koris, Mordygán, Monika, Helena, Raymond, Stefan, Elisheva, Tomas, AnneAliz, Jochen, Leah Kasmira, Aldred, Avram and AEIflaed. I would stick titles and honorifics on, but am trying to keep this to half a page.

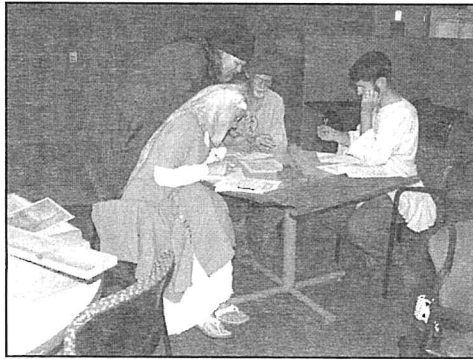
With gratitude to those peers who made this work, and to those very many people who attended the presentations, I remain in service to al-Barran,

AEIflaed of Duckford

Mistress of the Pelican and of the Laurel

Companion of the Scorpion, Premier of the Russian Thistle

P.S. November 7 will be the premier episode of the new season of topic-get-togethers; more information will come. Save Wednesdays next winter if you thought Guest Fest was fun. New plans are afoot.



Master Gunwaldt teaches knotwork at a recent Guest Fest.

First Aid Care for Fractures

by Tiarna Seoan mac Ruaidhri Ui Ceallachan

Although I have never treated a fracture as a Chirurgeon, I know several gentles who have suffered them at SCA events. Therefore this month's article will cover some basic first aid for the treatment of fractures. This article is modified for the SCA from a class I led for School Nurses in Valencia County last year. Some of this will be "no brainer" stuff for some of you and new information for others. If you have any questions or comments, please feel free to contact me at "chirurgreon@al-barran.org or by phone at 505-553-8912

A fracture consists of a break or crack in the bone. There are two types of fractures. The first is a "simple fracture." This term refers to a fracture in which the skin is intact and no wound is present anywhere near the fractured area. The second type of fracture is known as a "compound fracture." This term is used when the underlying skin has been broken or damaged. This type of injury may result in the bone protruding through the victim's skin or as a result of a direct blow that cuts the skin at the time of impact. The bone itself may or may not be visible in the wounded area.

It is not always possible to tell with the naked eye if a bone has been fractured. In case of doubt, it is best to assume the victim has received a fracture and treat it accordingly.

Here are a few signs and symptoms to assist you when you suspect a person has suffered a fracture and a few rules of administering the proper first aid to the victim until emergency medical assistance can be provided.

Your first step in identifying a broken bone would be to check for deformity by comparing the injured area with the uninjured counterpart on the opposite side of the victim's body.

Second, look for an open wound, which may indicate an underlying fracture.

Third, check for pain, which usually accompanies a fracture. The injured person will most likely be able to point to the area of pain. To assist in diagnosing a broken bone, gently feel along the bone. The victim will most certainly complain of tenderness or pain at the exact point of the fracture.

Fourth, notice if the injured area is swollen. Swelling in a fractured area happens rapidly, so look for this significant sign as well.

In some cases a victim of a fracture is able to move the fractured limb with little or no pain. In other cases, motion will produce pain and the victim will refuse to move the injured limb.

Listen to the victim for additional clues by asking appropriate questions. An accident victim may have heard a bone snap at the time of injury. Ask questions to determine how the accident occurred and the location of the injury. This information will be valuable to trained medical personnel upon their arrival.

Though fractures are rarely life threatening, it is recommended to check and monitor the victim's airway, breathing, circulation and to check for disabilities

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using your CPR and First Aid training skills. Treat the victim for shock if necessary.

Examine the injured area for swelling and/or deformities, lacerations and puncture wounds. Gently feel along the length of the bone for tenderness, swelling and deformities.

Check the injured extremity for pulse. A pulseless arm or leg indicates an emergency requiring immediate surgical care. If this is the case, seek emergency medical help immediately.

Lightly squeeze the victim's fingers or toes of the injured part (unless you suspect a fracture or other injury in these areas) asking the victim what they feel. Loss of sensation is a sign of nerve or spinal damage. In this case, do not move the victim and call for immediate emergency medical assistance. Stay with the victim reassuring them and encouraging them not to attempt movement until emergency medical professionals arrive.

You can also check for nerve damage by asking the victim to wiggle his or her fingers or toes connected to the injured extremity. Unless they are injured in these areas the victim should be able to produce some type of movement. Of course if the fingers or toes are injured, do not have the victim move them.

Initial Care for Fractures:

In treating fractures, an unhurried and careful approach is best. Few fractures are life threatening unless mishandled. Check the patient for any more serious injuries. Make sure someone is going for help, or call 9-1-1. Ensure your patient is breathing and that excessive bleeding is controlled and that all open wounds are protected as best you can from contamination. After these elements are satisfied you can deal with stabilization of the fracture.

If you can, carefully clothing around the fracture site. You need to make sure the fracture hasn't broken the skin and you may be able to use the cut away material to aid in splinting. If you find an open fracture, protect the wound from contamination as you would any other. (Note: If you are treating an armored fighter, consider leaving the armor in place as a splint.)

No matter how soon you expect to get medical help, you should immobilize all fractures to prevent additional injuries due to accidental movement or muscle spasms. Immobilization can be achieved many ways; the key points being not to worsen the situation while immobilizing and making sure to also immobilize the joints above and below any limb fracture.

In general, don't try to reposition fractured limbs. Unless you know what you are doing, you could sever an artery or nerve. If help is a long way off, practicality may necessitate slight repositioning in order to accommodate make-do splinting. In such situations, if a limb has no pulse or is turning purple, repositioning may relieve some unnatural pressure which is pinching off an artery. However, the rescuer must consider that a mishandled attempt could result in a jagged bone end severing the compressed artery, making a bad situation much worse!

To put this tricky situation in perspective, Brady's Emergency Care, 6th Edition states: "Angulations make splinting and transport more difficult. They can

pinch or cut through blood vessels and are painful for the patient. They must, however, be repositioned so they can be splinted. Not to splint would be more dangerous."

DO NOT try to straighten angulations of the wrist, ankle or shoulder or attempt to straighten any dislocated joint!

When splinting using sticks or other "found" objects, try make padding between the injured limb and splint using a jacket, shirt filled with grass, anything which can be reasonably secured and can help fill in the gaps between the limb and the splint material. Don't get carried away with this concept, but if you can handily make something up without delaying the splinting process, it will be more comfortable to the patient.

A fractured forearm should be splinted from the hand through the elbow and can be secured across the chest with a sling if more comfortable for the patient. Upper arm fractures should be immobilized from shoulder through the elbow and can be secured against the body.

Traction for leg injuries is difficult, and the risk of injury resulting from a failed traction attempt is even greater. In general, do not attempt leg traction prior to the arrival of EMS.. Legs should be secured to splints using several ties from the ankle to the pelvis, but not directly over the fracture. If a long smooth board is available (e.g., a fence board), it can be secured all the way up to the armpit to improve stability.

Hip Fractures:

Hip fractures can be very serious since they actually involve the upper portion of the femur, the large bone of the upper leg. Hip fractures are more common in older persons, but can happen to anybody given the right mechanism of injury. Symptoms of hip fractures include sensitivity when pressure is exerted on the prominence of the hip, swelling with or without discoloration of the surrounding tissues, the patient is unable to move his/her leg when on his/her back, the suspect limb appears shorter or is rotated (usually outward). Patients with suspected hip fractures should only be moved on a stretcher. The injured limb can be secured to the uninjured limb to provide splinting. If medical help is a long way off and someone can spell you if you tire, you may find that manual traction provides significant relief for your patient.

Pelvic Fractures:

Pelvic fractures are also very serious as the force needed to cause such a fracture can also cause internal trauma as well. Abdominal bleeding can accompany a pelvic fracture and can lead to shock very quickly. A pelvic fracture can be stabilized by wrapping a sheet of blanket around the hips and tying it snugly. A suspected pelvic fracture is ALWAYS a 911 emergency due to the possible complications of abdominal injury.

Femur Fractures:

Mid-shaft femur fractures can affect the major blood vessels and nerves of the leg and need prompt, expert care. Manual traction can be applied in the field by grasping the foot and pulling. But once traction is applied, it should NOT be released until the application of a proper traction splint.

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Fractured Hands and Ankles:

These extremities should be splinted in "positions of mechanical function", that is in as natural of a position as possible. The natural position of a hand is as if one were gently grasping a softball. A roll of clothing or other padded material can become the "ball" which can be placed in the palm before the hand is wrapped. Hands, ankles and wrists should be secured in whatever manner is necessary to protect them from being bumped or moving about while the patient is being rescued.

Fractured Ribs:

The primary concern of a suspected rib fracture is to prevent a loose piece of rib from puncturing a lung. The best course of action here is to keep the patient from moving around, pad and gently wrap the chest, and apply a sling and swathe to secure the arm on the injured side so it lays comfortably across the chest. In severe cases, you can have what is referred to as a "flail chest" when one or more ribs are broken in more than one place. This can be seen by "paradoxical movement" at the point of injury. This means that when the patient tries to inhale, an area of the rib cage "sucks in" instead of moving with the rest of the ribs. Any force great enough to cause a flail chest can also cause damage to the underlying lung tissue and lead to bleeding inside the chest cavity. This can in turn, lead to a "pneumothorax" or collapsed lung.

Skull and Facial Fractures:

Fractures to the face and skull are serious emergencies, obviously involving the brain in the case of skull fractures, but also compromising the airway and breathing ability in the case of facial fractures. If you find evidence of skull or facial fractures you should presume the possibility of cervical spine injury also. Decreased consciousness, deep lacerations or severe bruising, deformity, fluid from the ears, unequal pupils, "raccoon's eyes", and a sunken eye are all symptoms of possible skull or facial injury. If you find any of these signs you should presume the possibility of cervical spine injury also.

Care for skull and facial fractures includes maintaining an open airway, immobilizing the neck and spine, and treating wounds. Do not apply pressure, however, to any suspected fracture site! Note the patient's change in level of consciousness prior to the arrival of medical help as these observations may assist in the diagnosis of the extent of the injury.

Recap of Actions:

1. Get assistance from competent bystanders.
2. Check patient; ensure airway, breathing and circulation.
3. Have someone go for help or call 9-1-1.
4. Protect possible spinal injuries.
5. Treat life threatening conditions.
6. Protect open wounds, including open fractures.
7. Splint fractured limbs and/or extremities, in natural or functional position, if feasible.

8. Avoid unnecessary movement of fractured extremities.

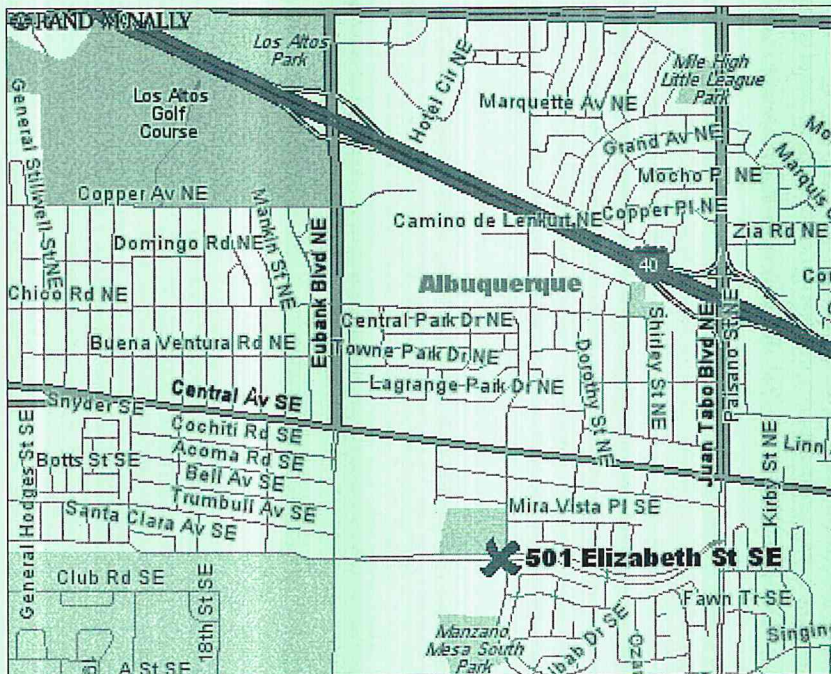
9. Keep patient quiet and treat for shock.
10. If you have to move a patient for his/her survival, be careful and methodical, support splinted injuries to prevent further movement, bumping, etc., and don't move the patient any further than necessary without proper professional equipment.

Citizen's Meeting

The Citizen's Meeting is located at the Manzano Mesa Multigenerational Center, 501 Elizabeth St SE, Albuquerque, NM. The meeting is held on the 3rd Tuesday of every month beginning at 6:30 pm. The next meeting will be on July 17th. Please contact the Seneschal, THL Y Port Lairge at 265-0161 for further information.

Driving Directions:

Take I-40 to the Eubank Blvd exit (No. 165). Turn south onto Eubank Blvd. Continue on Eubank Blvd past Central Avenue. Turn left onto Southern Avenue. The Manzano Mesa Multigenerational Center is at 501 Elizabeth St SE, Albuquerque, NM at the corner of Southern and Elizabeth.



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al-Barran's website: <http://www.al-barran.org> Outlands' website: <http://www.outlands.org>

Blaiddwyn's website: <http://www.unm.edu/~sca/index.html> SCA's website: <http://www.sca.org>

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